Daily Word



A UNITY PUBLICATION
JUNE 1952

Class Thoughts

PEACE . . . In the name of the Lord Jesus Christ we pray for and decree a permanent peace, uniting all the nations of the earth in a league of justice and righteousness, in which the life, liberty, and love of God shall be paramount.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, understanding, and right action for the good of all mankind.

MAY 20 to IUNE 19

ILLUMINATION (11 a. m.): The illuminating power of the Holy Spirit guides me in the path of righteousness for His name's sake.

PROSPERITY (12 noon): I am restored to the riches of the Father's house, and all things are added unto me.

HEALING (9 p. m.): In the name of Jesus Christ, I am made whole and I give thanks in prayer and praise.

JUNE 20 to JULY 19

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ILLUMINATION (11 a. m.): Doubt and fear are wiped away by the Christ ideas of light and harmony within me.

PROSPERITY (12 noon): The order and harmony of Christ fill my mind, and my prosperity is assured.

HEALING (9 p.m.): The health and harmony of the Christ Mind adjust every thought and restore me to perfect wholeness.

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No. 6

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What Does Prayer Mean to You?

ELIZABETH SAND TURNER

Who ever lived. His words tell us exactly how to pray. He says, "When thou prayest, enter into thine inner chamber, and having shut thy door, pray to thy Father who is in secret." His words outline three concise and simple steps for us to take.

The first is "Enter into thine inner chamber." The inner chamber refers to the inmost recess of our being, the spiritual part of us. In the Bible it is also called the "secret place of the Most High," the "mount," the "upper chamber." Here Jesus is telling us to turn our mind away from outer interests and to center it on the inner realm, the seat of life within. This is where God lives in us. We can enter this chamber as definitely as we move from one room to another in our home, but it is movement of the mind rather than movement of the body. Because Jesus often communed with His Father in the secret place, He could say with assurance, "As thou, Father, art in me, and I in thee."

Each of us has an inner chamber within our being and each of us can enter it by directing our thought to God. Repeat a verse from the Bible or an affirmation of Truth and meditate upon it. You need only let your consciousness be filled with the idea of God's presence. He is not apart from you; He is the life within you.

The next step is to "shut thy door." This means to shut out all thoughts connected with the ordinary worldly activities. It is not hard to enter the inner chamber, but to close the door to material thoughts is difficult until we learn how through practice. We may think about God for a few seconds or even a few minutes, and then our mind is quite likely to revert to outer concerns. We remember some business that we should attend to, some household chore that we should do, some friend that we should call, or some errand that we should run. Practically everyone finds it difficult at first to sustain his attention on God. We are not accustomed to spiritual thinking and have to train the mind.

Prayer is really concentration on a spiritual idea. We find it easy to concentrate on a number of things when we are sufficiently interested in them. Have you ever been so engrossed in an exciting novel that you did not hear someone call you? Or been so intent on a movie that you forgot the time—and your troubles? Any sort of study requires concentration. If we are to learn anything

about our heavenly Father, we must practice giving Him our undivided attention.

The reason Jesus told us to "shut thy door" is that we cannot think about God and a problem at the same time. God is the answer to any problem; but if we keep thinking about what is wrong, we cannot think about Him, who can right it. Therefore, when we select a time to pray we should sit quietly, turn our mind to God, and keep it there. Our thoughts may start to wander to mundane affairs. Should this happen, we can direct our mind back to Spirit by repeating the affirmation or promise with which we began our meditation.

These wavering thoughts of ours are like undisciplined children who require steady and loving direction. It is helpful to have the Bible or a book of prayers at hand. Either can be used to focus the thought on the one Presence, of which we are part.

As the mind rests in the realization that our Father is ever with us and is the answer to our every need, we take the third step automatically. This is to "pray to thy Father who is in secret."

In prayer we are asking God to take over in our life. He is the one supreme power, and we give Him a chance to move through us by recognizing and acknowledging Him. Should we pray, "Father,

heal me of this terrible disease," our mind is liable to be more concerned with disease than with the healing. But if we quiet the mind by entering into the inner chamber, if we keep it poised by returning again and again to the thought of His presence, if we confidently affirm, "Thy healing life moves through every part of my being, and I rejoice and give thanks for perfect health," we are making a way in the wilderness of human thought so that divine thought and life may come into expression.

Should we need guidance, we can meditate on the words of a promise such as, "I will instruct thee and teach thee in the way which thou shalt go"; then affirm, "I thank thee, Father, that Thou

art guiding my way."

It can readily be seen that this kind of prayer is not concerned with troubles but with divine fulfillment. If we are thinking of all the things that need to be fixed, we are not thinking of our Father's ability or willingness to adjust them. Jesus constantly identified Himself with what is true of God and He could speak the word of health with such faith that the healing took place instantly. Almost on the eve of the Crucifixion He declared, "Be of good cheer, I have overcome the world." His mind was filled with the realization of overcoming, not with the trial. We cannot correct any

adverse condition by thinking about it. It can be corrected only when we keep our mind on God's

power to remedy it.

If we comply with Jesus' instructions regarding prayer, He assures us that "Thy Father . . . shall recompense thee." The Lord does not withhold blessings from us: we shut ourselves off from Him. God is love, and we are told throughout the Bible that He will hear us. The Psalmist came to a wonderful realization of His love and willingness to share His good and declared,

"Thou openest thy hand,

And satisfiest the desire of every living thing." Prayer should not be confined to times of need by any means. We should pray every day in order to keep in close contact with our Father. By making it a practice to talk with God, He becomes like a dearly loved parent of whose devotion we are certain and with whom we share our joys. It is when prayer becomes a daily and vital part of our life that we know it to be our greatest power and our purest joy.

How to Write, Telephone, or Telegraph to Unity:

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2. To telephone long-distance or to telegraph, give Unity's address as Kansas City, Missouri, and Unity's telephone number: BAltimore 4720.

Good Temper

From Love: the Supreme Gift

HENRY DRUMMOND

OVE is not easily provoked....

We are inclined to look upon bad temper as a very harmless weakness. We speak of it as a mere infirmity of nature, a family failing, a matter of temperament, not a thing to take into very serious account in estimating a man's character. And yet . . . the Bible again and again condemns it as one of the most destructive elements in human nature.

The peculiarity of ill temper is that it is a vice of the virtuous. It is often the one blot on an otherwise noble character. You know men and women who are all but perfect, who would be entirely perfect but for an easily ruffled, quick-tempered, or "touchy" disposition. This compatibility of ill temper with high moral character is one of the strangest and saddest problems of ethics. The truth is, there are two great classes of sins—sins of the body and sins of the disposition. The prodigal son may be taken as a type of the first, the elder brother, of the second. Now, society has no doubt whatever as to which of these is the worse. Its brand falls, without a challenge, upon the prodi-

gal. But are we right? We have no balance to weigh one another's sins, and coarser and finer are but human words; but faults in the higher nature may be less venial than those in the lower, and to the eye of Him who is Love, a sin against love may seem a hundred times more base. No form of vice, not worldliness, not greed of gold, not drunkenness itself, does more to unchristianize society than evil temper. For embittering life, for breaking up communities, for destroying the most sacred relationships, for devastating homes, for withering up men and women, for taking the bloom off childhood—in short, for sheer gratuitous misery-producing power, this influence stands alone. Look at the elder brother, moral, hardworking, patient, dutiful-let him get all credit for his virtues-look at this man, this baby, sulking outside his own father's door. "He was angry." we read, "and would not go in." Look at the effect upon the father, upon the servants, upon the happiness of the guests. Judge of the effect upon the prodigal-and how many prodigals are kept out of the kingdom of God by the unlovely characters of those who profess to be inside! Analyze, as a study in temper, the thundercloud itself as it gathers upon the elder brother's brow. What is it made of? Jealousy, anger, pride, uncharity, cruelty, selfrighteousness, touchiness, doggedness, sullenness

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-these are the ingredients of this dark and loveless soul. In varying proportions, also, these are the ingredients of all ill temper. Judge if such sins of the disposition are not worse to live in, and for others to live with, than sins of the body. Did Christ indeed not answer the question Himself when He said, "I say unto you, that the publicans and the harlots go into the kingdom of heaven before you"? There is really no place in heaven for a disposition like this. A man with such a mood could only make heaven miserable for all the people in it. Except, therefore, such a man be born again, he cannot—he simply cannot—enter the kingdom of heaven. For it is perfectly certain -and you will not misunderstand me-that to enter heaven a man must take heaven with him.

Now, there is nothing that a Christian has to take more trouble to eradicate forever from his being than ill temper. It requires the struggle of years—perhaps of a lifetime; but it has to be done. It must be done. Not because of what it is alone, but of what it reveals. It is the revelation of an unloving nature at the bottom. It is the intermittent fever which bespeaks unintermittent disease within; the occasional bubble escaping to the surface which betrays some rottenness underneath: a sample of the most hidden products of the soul dropped involuntarily when off one's guard; in a

word, the lightning form of a hundred hideous and unchristian sins. For a want of patience, a want of kindness, a want of generosity, a want of courtesy, a want of unselfishness, are all instantaneously symbolized in one flash of evil temper.

Hence it is not enough to deal with the temper. You must go to the root and sweeten the whole nature, and then ill temper will die away of itself. Souls are made sweet not by taking the acid fluids out, but by putting something in-a great love, a new Spirit, the Spirit of Christ. Christ, the Spirit of Christ interpenetrating ours, sweetens, purifies, transforms all. This only can eradicate what is wrong, work a chemical change, renovate and regenerate and rehabilitate the inner man. Will power does not change men; time does not change men; Christ does. Therefore, "Let that mind be in you which was also in Christ Jesus." Some of us have not much time to lose. Remember, once more, that this is a matter of life or death. I cannot help speaking urgently, for myself, for yourselves. "Whoso shall offend one of these little ones, which believe in me, it were better for him that a millstone were hanged about his neck, and that he were drowned in the depth of the sea." That is to say, it is the deliberate verdict of the Lord Jesus that it is better not to live than not to love.

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THE JOY OF THE LORD IS MY STRENGTH.

OD'S Spirit of joy is a mighty power. No weakness or inadequacy can remain long in His presence. No unhappy or unloving thought can exist in a mind and heart filled with

joy.

I now release from my mind any negative thoughts that may have entered there and I let God's cleansing Spirit of joy flow in. I relax as His renewing, quickening power flows freely into every part of my body. I am conscious that His Spirit of joy is now at work in every cell of my body, healing old wounds and stirring me to new life.

All tension is gone, and my mind is clear and calm. There is nothing but peace, happiness, and joy in my world. I have new wisdom, new inspiration, and new courage to help me meet any situa-

tion triumphantly.

As I go forth to my daily tasks, I radiate God's joy to others. My smile, my words, everything I do reflects my joy, and others are blessed by the joy of God, which I feel. The joy of the Lord is my strength.

Make a joyful noise unto Jehovah.-PSALMS 98:4.

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I AM CONSCIOUS OF THE DIVINE PRESENCE OF CHRIST IN MYSELF AND OTHERS.

s we keep before us the vision of the divine presence of Christ in ourselves and in others, we have more understanding and love for our fellow men, we have more faith in ourselves. Our spiritual vision helps us to maintain poise, helps us to regulate our human relations. We do not give too much emphasis to differences. The thought that God is present in us and in all men helps us to realize a sense of oneness, which lifts us above hurt feelings, disappointment, criticalness.

When others make mistakes let us instantly remember the Spirit within them. When others seem to be in distress let us trust the Spirit within them. When we hear gossip about others let us silently love the Spirit within them.

Let us bless everyone in the thought that God is the one life, that the divine presence of Christ is in us and in all men.

> "I behold the Christ in you, Here the life of God I see."

[•] Forget not to show love unto strangers: for thereby some have entertained angels unawares.—HEB. 13:2.

Tuesday

WORKING DAY BY DAY TO UNFOLD MY GOD-GIVEN RESOURCES, I ACCOMPLISH MUCH IN A SATISFYING WAY.

RUE accomplishment requires prayer, thought, planning, and persistent effort. To the person who is eager to attain a certain goal this may seem a long and arduous program. But to the person who thinks of accomplishment in terms of continual overcoming it offers adventure.

Accomplishment is not merely the attainment of a particular goal. It is also the understanding that effort and experience bring. It is knowledge of people and of their needs and aspirations. It is discovery of the ceaseless flow of resources from the depths of your own spirit, where you and God are one. It is the ability to determine right goals and aspirations.

Every day's journey toward a goal has satisfactions of its own; but if you look only toward the attainment of your goal, you miss these. The true joy of accomplishment comes in the day-by-day unfolding of the creative resources that God has implanted in every mind and heart.

Apply thy heart unto instruction .- Prov. 23:12.

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I PRAISE AND THANK GOD THAT HE HAS GIVEN ME THIS NEW DAY.

Yesterday is gone, tomorrow is not yet here, so I will begin this day with a prayer of joy in my heart. I will keep a smile on my face and let words of praise and thanksgiving be on my lips.

I praise and thank God that He has given me this new day. I am glad for the opportunity to live today. No matter what my tasks may be, I will use all my capabilities to perform them competently and efficiently. The joy of the Lord is mine, and I do all my work as unto the Lord.

Things that ordinarily would disturb me have no power over me. Nothing has power to disturb the peace and happiness of my heart.

I praise God for the ability to live joyously and courageously today.

I walk this day with joy in my heart, with praise and thanksgiving to God.

* Forgetting the things which are behind, and stretching forward to the things which are before, I press on toward the goal unto the prize of the high calling of God in Christ Jesus.—PHIL. 3:13, 14.

Thursday

MY HEART IS FILLED WITH THE UNDERSTAND-ING LOVE OF CHRIST, AND I AM FREE FROM ALL THOUGHTS OF RESENTMENT AND CRITI-CISM.

ANY times we are resentful and critical of other persons or of conditions in our lives without realizing the true cause of our feelings. We see the faults of others without realizing that it is our own sense of inadequacy that makes us magnify their shortcomings, that makes us quick to criticize.

If another person seems to get ahead by means that we cannot understand or by methods that do not seem fair to us, it takes much love and understanding on our part to keep free from envy or

resentment.

We need to open our mind and heart to the Christ and let His love penetrate every part of our being. We need to think of other persons as seeking the way of their own fulfillment, not as obstacles in the way of our good. The things that are really meant for us cannot fail to find their way to us.

Every day will I bless thee;
And I will praise thy name for ever and ever.

—PSALMS 145:2.

Friday

I KNOW THAT MY PART IN WORLD PEACE IS TO KEEP THE GREATEST COMMANDMENTS— THE COMMANDMENTS OF LOVE.

thy heart, and with all thy soul, and with all thy heart, and with all thy soul, and with all thy mind. This is the great and first commandment. And a second like *unto it* is this, Thou shalt love thy neighbor as thyself. On these two commandments the whole law hangeth, and the prophets."

"This is my commandment," said Jesus again, "that ye love one another, as I have loved you." "If ye keep my commandments, ye shall abide in my love, even as I have kept my Father's com-

mandments, and abide in his love."

Jesus taught His followers with divine patience, with divine love, with compassion beyond understanding. Wherever He went He brought peace and healing.

How can we, who proclaim that we are following Him, do less than express love? Our part in world peace is to keep the greatest command-

ments—the commandments of love.

[#] If ye love me, ye will keep my commandments.— JOHN 14:15.

Saturday

THE SPIRIT OF CHRIST WITHIN ME GIVES ME THE FAITH TO TRUST HIS SPIRIT IN OTHERS TO GUIDE AND HELP THEM IN SOLVING THEIR PROBLEMS.

ALL OF us at times are filled with the desire to help another. We need to remember first, however, that Christ, the source of all help, dwells in every person. From a human standpoint the one we long to help may seem to make mistakes, he may choose a way that we cannot understand; but if we have faith in the Christ in him, then we have faith that he is learning and growing through every experience.

Often we feel a personal responsibility toward another person, and this is especially true when someone we love is having a difficulty to meet. But if we are truly to be of help to him, the place to begin is in our own inner faith in the power of Spirit within him. Then, if there is something in the outer that we can do to help him work out his

problem, we shall be led to do it.

Through prayer we are lifted up in our own consciousness and thus are we able to help others.

And I, if I be lifted up . . . will draw all men unto myself.—John 12:32.

Sunday

THIS DAY I WALK IN THE RADIANT PATH OF THE CHRIST.

HIS day I walk in the radiant path of the Christ. I do not allow myself to be negatively affected by personalities or problems. I do not allow my thoughts to dwell on appearances. Rather, with God's help, I keep my vision high; I keep my faith centered in His presence everywhere and in everyone.

If gossip or unkind criticism comes to my ears. I resist the temptation to follow this course of thought and think, instead, of the Christ goodness in all concerned. When reports of calamity, sickness, or death present themselves, I affirm the omnipresence of spiritual life and peace.

If misunderstanding between myself and another challenges my faith, I remember that the surest way to solve the seeming problem is to keep my own consciousness and emotions completely at peace, completely immersed in God.

This day I walk in the radiant path of the Christ.

I keep my vision high.

Mine eyes are ever toward Jehovah; For he will pluck my feet out of the net. PSALMS 25:15.

Monday

I KEEP MY FAITH CENTERED IN GOD'S SPIRIT WITHIN ME AND MOVE THROUGH LIFE POISED AND AT PEACE.

HERE are some things in life that a person cannot see how to change, so he must adjust himself to them. This does not mean that he must resign himself to conditions that are not congenial to his growth and fulfillment, but it does mean that he must cease quarreling with these conditions.

For instance, a person who has not had a secure childhood must cease quarreling with the idea that life has deprived him. A person whose appearance does not please him must cease quarreling within himself about it. A person who must live or work with persons whose standards are different from his own must cease resisting them. It is resistance and resentment that keep one from experiencing poise and a sense of fulfillment.

If you are subject to inner quarreling, take the way of silent prayer to free yourself. Let your thought dwell on the things that are right rather

than on the things that are wrong

Thou wilt keep him in perfect peace, whose mind is stayed on thee.—ISA. 26:3.

Tuesday

I RELEASE ALL PERSONS INTO THE FATHER'S CARE AND KEEPING.

HE person who finds himself habitually disappointed in others forgets that God's will for them does not always coincide with his own ideas about them. Being disappointed in other persons can become a habit that makes us unhappy unless we take constructive steps to alter our thinking. Such a habit is the result of having preconceived ideas as to what the behavior of another should be. We feel that our associates should follow the course of action prescribed by these ideas, and when they do not we are disappointed. Our tendency is then to be critical of them; we feel baffled and let down.

It is not always possible for us to know the reason behind the actions of others. There may be circumstances in their lives of which we are unaware, that prohibit them from acting as we think they should. Our part is to bless them and release them into the Father's care. Thus freed, we find that often they turn to us, drawn by our loving understanding of their need for freedom.

^{*} Condemn not, and ye shall not be condemned: release, and ye shall be released.—LUKE 6:37.

Wednesday

"BE NOT DISMAYED, WHATE'ER BETIDE, GOD WILL TAKE CARE OF YOU."

BE NOT dismayed. God is with you now, your strength, your strong support. He will never leave you nor forsake you. He is the very breath of your being, the power that

moves in and through you.

Be not dismayed. Appearances are not final. Beyond them is the truth of God which is perfect and unchanging. There is no appearance that is more powerful than God; there is no condition that cannot be healed, no situation that cannot be made right.

Be not dismayed. When change comes, God is with you, unchanging. His Spirit has always been with you, will always be with you. He is in the new and the unfamiliar; wherever you are, what-

ever you do, God is with you.

Be not dismayed. God is life without end. In ways that we do not presently see or understand His good plans and purposes are fulfilled in every living soul.

"Be not dismayed, whate'er betide, God will take care of you."

Be not dismayed, for I am thy God.—Isa. 41:10.

Thursday

I AM PATIENT, KIND, AND LOVING.

I F AT ANY TIME during the day we feel disturbed about anything, irritated by anyone, critical of ourselves or others, let us say to ourselves, "Patience!"

There is power in constructive thinking, and often the repeating of one constructive word helps us to regain control of our thoughts and emotions.

If we are dealing with children, we need to possess and express the utmost patience. Our efforts will be well rewarded by our own happy feeling and by the response on the part of the children.

If our plans are delayed or upset for some reason, we need to say to ourselves, "Patience!" As we keep ourselves from feeling irritable or impatient, we make the best of delays, we open the way for a smooth outworking of all that concerns us.

If there are difficult persons in our life, in our home, at our work, whenever we think about them we need to say to ourselves, "Patience!" Our patience will help to make things right.

Let patience bave its perfect work.-JAS. 1:4.

I DO NOT RESIST OR STRUGGLE AGAINST ANY SITUATION. NO MATTER WHAT CONFRONTS ME, I JOYOUSLY TRUST GOD.

I do not waste my divine energy fighting life. I do not waste energy grumbling, sulking, fearing, or seeking revenge. When something comes my way that is not to my liking I turn the whole matter over to divine Spirit within me, which is capable of adjusting every situation and my reaction to it.

Everything is either a blessing or an obstacle according to my attitude toward it. If I keep my faith in God and keep my thoughts upon His omnipresent good, the blessing in every situation

will make itself known to me.

Disappointment will reveal a hidden joy not even surmised. Frustrating circumstances will develop great spiritual strength, patience, and faith, which in turn will remove the seemingly stubborn obstacles. Fear not succumbed to becomes courage, revenge not fed becomes peace. In the face of everything I trust God to illumine me and to adjust all things.

^{*} To them that love God all things work together for good.—ROM. 8:28.



R. H. GRENVILLE

As little boats return at eventide

To quiet waters by the sheltering shore,
I turn to Thee, O Lord, and am at rest.

Though in surrounding dark the tempest roar
And angry waters break upon the land

With fury men predict shall never cease,
Anchored in Thy great love I rest secure.

I am at peace.



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GOD'S SPIRIT ESTABLISHES JUSTICE IN MY LIFE AND AFFAIRS.

Wherein you feel that you have been unjustly treated, do not allow resentment and thoughts of retaliation to stay in your mind. You want justice, not an unhappy mind. Justice is of God; therefore, claim your justice from Him.

No one, not even those involved in a situation that appears unjust, can know what true justice is in the situation. Only God knows this. Each person sees the situation from his own point of view. His point of view is colored and influenced by how he is affected, by what demands are made upon him in meeting it.

In handling any situation in which there appears to be an element of injustice, turn first to God's Spirit abiding within you. You will be guided to do or say what needs to be done or said in order to insure justice; your thought will be

clear; your heart will be serene.

Every way of a man is right in his own eyes; But Jehovah weigheth the hearts.

-Prov. 21:2.

I MEET EVERY SITUATION THAT CONFRONTS ME TODAY WITH A SERENE HEART AND A PEACEFUL MIND, FOR MY TRUST IS IN GOD.

I go about today's business with a serene heart and a peaceful mind, for I have turned everything over to God. No longer do I fret or worry over my problems or the problems of my dear ones. I give thanks that the power of God is present in us, that His light is shining in and through us, dissolving the darkness and bringing right answers to us.

If some situation has seemed impossible of solution, I affirm that with God all things are possible and then turn my problem over to Him. Where I cannot see the way, I know that with God there is always a way. Where I cannot see how my prayers will be answered, I know that no prayer is ever in vain. My faith is in God. My faith is in His Spirit at work in me and in all that

concerns me.

Everything I do this day shall be blessed by my awareness of God within me. Every person whose life touches mine this day shall feel closer to God because of my closeness in thought to Him.

Peace be unto you all that are in Christ .- I PET. 5:14.

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I AM OPEN AND RECEPTIVE TO NEW IDEAS. I KNOW THAT GOD IS LEADING ME TO MY HIGHEST GOOD.

AM not afraid to try new methods in performing old tasks. I am open and receptive to new ideas and I am willing to put them to practical tests. The fact that I have long used a known method does not limit me to continuing its use indefinitely. Each day brings some new idea to my attention. Not all of these are usable or acceptable, but I willingly consider each one that comes to me, knowing that divine inspiration from the Father may be found in an unfamiliar idea. It is often through new ideas that God speaks to us and leads us into better paths. The person who considers new ways of doing things, who is open to new ideas is young in spirit; he continues to learn and grow.

When we keep a habitually receptive attitude our progress is hastened, and our good comes to us. We realize that the acceptance of new ways does not betray tradition, but justifies the good

foundation it has given us.

And he hath put a new song in my mouth, even praise unto our God.—PSALMS 40:3.

Tuesday

LOVE OF GOD SO FULL AND FREE, MANIFEST THYSELF IN ME.

OPEN my heart to the love of God. His love so full and free flows into my life, and I am blessed even beyond my expectations. I turn to the love of God and I feel His mighty power comforting me, warming my heart, and giving me peace. I let the radiant love of God flow in and through my body temple, healing and strengthening me. I depend absolutely on the love of God to prosper me, to give me my daily bread, to bless me with sufficiency for my every need.

I rely on the love of God for harmony and happiness. I know that as the love of God expands and grows in my consciousness it becomes increasingly easy to bless everyone and everything in my life.

There is no situation in my life that cannot be healed by the love of God, for "love . . . is the fulfillment of the laws."

Love of God so full and free, manifest thyself in me.

Even as the Father hath loved me, I also have loved you: abide ye in my love.—John 15:9.

WHY DO I WORRY ABOUT ANYTHING WHEN I KNOW THAT I CAN PRAY?

RAYER is the answer to every problem in life. It puts us in tune with divine wisdom, which knows how to adjust everything perfectly. So often we do not pray in certain situations because, from our standpoint, the outlook is hopeless. But nothing is impossible to God. Nothing is so entangled that it cannot be made right by the loving Spirit of God. No mistake is so bad that it cannot be remedied with God's help. No human relation is too strained for God to bring about reconciliation and understanding to all concerned. No habit is so deep-rooted that it cannot be overcome. No one is so weak that he cannot be made strong. No one is so ill that he cannot be healed. No mind is so dull that it cannot be made brilliant. Whatever we need or desire, if we trust God He will supply it.

If there is anything that is causing us to worry or be anxious, let us stop rehearsing the difficulty and trust the healing life, love, and power of God.

In the morning shalt thou hear my voice;
In the morning will I order my prayer unto thee.

—PSALMS 5:3.

Thursday

AWAKE, THOU THAT SLEEPEST, AND CHRIST SHALL SHINE UPON THEE.

HERE is in every person a spiritual self that can be awakened through faith and prayer.

When we long to help a dear one overcome any habit that is destructive, let us say to him silently, "Awake, thou that sleepest . . . and

Christ shall shine upon thee."

Through our faith and prayers we can call forth the self of him that wills to live, that wills life and health, rather than destruction and death. The spiritual power is within him. Of this we may be certain. More than we can ever know, our words of Truth have a transforming, resurrecting effect.

If we feel depressed or downhearted, if we are in the grip of fear or negative habit, let us say to the self of us that is spiritual and perfect, "Awake thou that sleepest . . . and Christ shall shine upon thee." New faith, new life, new freedom shall be ours.

*Ye were once darkness, but are now light in the Lord: walk as children of light . . . proving what is well-pleasing to the Lord . . . Awake, thou that sleepest . . . and Christ shall shine upon thee.—EPH. 5:8, 10, 14.

Friday

DOUBT AND FEAR ARE WIPED AWAY BY THE CHRIST IDEAS OF LIGHT AND HARMONY WITHIN ME.—Unity Illumination Thought.

REEDOM from doubt and fear is one of the highest aspirations of the human spirit. To be utterly free from the nagging doubts and fears that assail us is a desire that seems difficult and almost impossible for us to realize; yet in Christ there is complete freedom—freedom from doubt, freedom from fear, freedom from every care.

In Christ there is light that dispels the lack of understanding from which fear springs. Just as the light of the sun scatters the darkness and enables us to see material objects as they are, so the light of Truth, the Christ light, wipes away

the darkness of doubt and fear and enables us to

see the eternal realities of Spirit, perfect love, perfect assurance, perfect peace.

As we affirm our complete faith in the dominion of Spirit, we open our mind to receive the Christ ideas of light and harmony.

He has delivered us from the dominion of darkness and transferred us to the kingdom of his beloved Son. —Col. 1:13 (R.S.V.).

Saturday

THE ORDER AND HARMONY OF CHRIST FILL MY MIND, AND MY PROSPERITY IS ASSURED.

—UNITY PROSPERITY THOUGHT.

UR PROSPERITY prayer for the current month reminds us that an orderly mind is a condition necessary to prosperity. When we permit our mind to be filled with fear and worry we make it difficult for rich ideas to enter in, because they find no room to stay. In order to make a happy home for them, we need to clear away the disorder so that rich ideas may come in to abide with us.

The perfect order and harmony of Christ are now established within our mind. As we look to Him for guidance and help, His loving presence soothes and heals all disturbed or anxious thoughts. Calmness, poise, peace, and perfect order now prevail. Our mind receives ideas of plenty, ideas of abundance, ideas for us to lay hold of and use.

Christ is order; Christ is harmony; Christ is abundance.

Do not . . . be of anxious mind. . . . Seek his kingdom, and these things shall be yours.—Luke 12:29, 31 (R.S.V.).

Sunday

THE HEALTH AND HARMONY OF THE CHRIST MIND ADJUST EVERY THOUGHT AND RESTORE ME TO PERFECT WHOLENESS.—UNITY HEALING THOUGHT.

HRIST IS the Prince of Peace. He gives peace to our spirit; peace to our mind; peace to our body. Christ is the Healer. He heals our spirit if it is downcast; He heals our mind if it is disturbed; He heals our body if it is manifesting any condition other than perfect wholeness.

The restorative power of the Christ mind is now active throughout our being. It adjusts, cleanses, harmonizes, and renews our every thought. The Christ mind instills peace and makes manifest the perfect health that is our spiritual birthright.

Our thought is now fixed on Christ, who is our Saviour from every ill of body, mind, or spirit. His Spirit of life and wholeness gives peace to our mind and causes perfect health to become

gloriously manifest in us.

The Christ mind adjusts, restores, and heals.

The blind receive their sight, the lame walk, lepers are cleansed, and the deaf hear.—Luke 7:22 (R.S.V.).

Monday

MY EVERY NEED IS MET THROUGH FAITH IN GOD.

HAT is your need? Whatever it is, it can be met through faith in God. This has been proved time and time again, and

you can prove it in your own life.

If you need money to meet living expenses, affirm that your every need is met through faith in God. New avenues of supply will open to you, new order will appear in your affairs, new wisdom will be given you in handling the money that comes to you.

If your need is for a home, affirm that your every need is met through faith in God. There is a perfect home for you, and faith will reveal it to you.

If your need is for work or for more success in the work you now have, affirm that your every need is met through faith in God. God is working in and through you to guide you into paths of success and plenty.

Your every need is met through faith in God.

^{*} And my God shall supply every need of yours according to his riches in glory in Christ Jesus. Now unto our God and Father be the glory for ever.—PHIL. 4:19, 20.

Tuesday

THE SPIRIT OF CHRIST IN ME IS MY INEX-HAUSTIBLE SOURCE OF LIFE.

HE CHRIST in me is the source of my life. My life is not limited by the passing of years, nor is it conditioned by outer appearances. God's life—which is in every cell of my body—flows directly from the Spirit within me. Nothing can interfere with the eternal flow of His life throughout my being but my own limited beliefs.

If I believe that my life is dependent solely on the food I eat, that my life begins to wane when I reach a certain age, then I am limiting the expression of His life. But if daily and hourly I acknowledge the eternal Spirit of God as the inexhaustible source of my life, health, and strength, then will I experience that life, health, and strength. As quickly as the minutes pass by, just as constantly is life renewing itself and the cells of my body.

The Spirit of Christ in me is my inexhaustible source of life.

^{*} They that wait for Jehovah shall renew their strength; they shall mount up with wings as eagles, they shall run and not be weary.—Isa. 40:31.

Wednesday

I CENTER MY HEART IN GOD'S LOVE AND BE-COME A HARMONIZING INFLUENCE.

E very home needs a harmonizer—one who makes it a point to keep poised, to be understanding, to promote peace. If your home is not as harmonious as you would like it to be, you can be the harmonizer.

Does this seem unfair to you? Does it seem that your feelings and opinions should be considered just as much as the feelings and opinions

of the other persons in your home?

The fact is, the harmonizer is always the gainer. He knows an inward calm that makes life peaceful for him, and by the nature of his thoughts and feelings he wins the consideration and respect of others. Every turbulent heart turns expectantly and attentively to him who is the master of his own disposition and who gives evidence of wanting to understand and to help.

Any person can be a harmonizer who will work through prayer to center his heart in God's love, who will give expression to this love in thought

and word.

Blessed are the peacemakers: for they shall be called sons of God.—MATT. 5:9.

Thursday

I HAVE NO FEAR OF PEOPLE, FOR ALL ARE GOD'S CHILDREN.

AM not afraid of people. It makes no difference whether I have known a person for many years or for only a few moments, this I know about him: he is God's child and has need of my understanding and love. We may be sure that this is true of every person in the universe. Timidity has no influence or power in my life, for God is my strength. Since I am a channel for God's love, I have no fear in my dealings with others, for the Christ in me seeks and finds the Christ in them. Despite actions and appearances that might give indications to the contrary, each person is potentially perfect through his Christ nature. I let my every action toward others give evidence of my faith in their innate goodness and find that they respond accordingly. As I look beyond appearances, then, to behold the perfection in all people, I am no longer timid, and the knowledge that we are truly one in Spirit sets me forever free from fear.

Jehovah is the strength of my life;
Of whom shall I be afraid?
—PSALMS 27:1.

THROUGH THE INDWELLING CHRIST I AM THE

E CAN prevent much chaos in our life when we remember that we are not subject to our emotions, but rather they are subject to us. By instantly turning within we can control emotions that would otherwise cause unexpected situations to get beyond our control and produce inharmony. We can achieve such a deep consciousness of God's abiding presence that our immediate reaction to any situation is one of poise, and our actions are controlled and calm.

No matter what arises in our life, the outcome we seek is the establishment of perfect good. When we keep this in mind, anger, fear, and other negative reactions are instantly under control, and we neither say nor do any impulsive thing that hinders the quick establishment of divine order. It is not personal satisfaction, justification, or aggrandizement that we seek, but rather the manifestation of the Father's will, which is atl-inclusive good.

[€] In all these things we are more than conquerors.
—Rom. 8:37.

Saturday

I AM STRONG IN THE LORD AND IN THE POWER OF HIS MIGHT.

HERE ARE affirmations of Truth that seem fraught with power and strength because the words have been spoken so many times by so many persons with conviction and faith. "I am strong in the Lord and in the power of His might" is such an affirmation.

As you repeat these words to yourself now, feel the power that lies behind them; tune in to the consciousness of power that has been built into them.

To affirm, "I am strong in the Lord and in the power of His might," brings a feeling of strength that is more than physical strength. We feel strengthened in our emotional nature so that we are poised and calm; we feel strengthened in our spiritual understanding.

No matter how weak or lost you may feel, declare in faith, "I am strong in the Lord and in the power of His might," and you will feel uplifted and comforted; you will feel God's

strength and power flowing into you.

Be strong, and let thy heart take courage.—PSALMS 27:14.

Sunday

I STIR UP THE GIFT OF GOD, WHICH IS WITHIN ME. I MAKE USE OF MY SPIRITUAL POWERS AND ABILITIES.

OST OF us do not even begin to express our spiritual powers and abilities. We accept our limitations; we feel that any real achievement, any real success is beyond us.

But all of us have the gift of God within us the gift of His energy, His life, His intelligence, His power. When we think of ourselves as possessing God's own Spirit we rise out of false and limiting beliefs about ourselves.

If we have believed that we are inferior, if we have considered ourselves lacking in intelligence or understanding, let us change our thought about

ourselves.

But we need to do more than change our thought. We need to act on the ideas that come to us, to make use of our spiritual powers and abilities.

It does not matter what our place in life is, we can make our part an important one by stirring up our own spiritual powers, by putting more of God into our everyday living.

Stir up the gift of God, which is in thee .- II TIM. 1:6.

Monday

GOD IS BREATHING THROUGH ME. GOD IS THINKING THROUGH ME. GOD IS LOVING THROUGH ME.

Learn cell in my body is pulsating with the healing life of God. Every cell in my body is being energized by the vitalizing power of God. Every cell in my body is being strengthened by the invigorating Spirit of God. From the top of my head to the soles of my feet God is breathing His resurrecting Spirit in and through my body!

The wisdom of God illumines my mind. I think clearly, for God thinks through me. I concentrate well, for God is my ability to concentrate. All my mental faculties are quickened, sharpened, and strengthened by the Spirit of God. My mind is sound and whole, for the mind of God is my mind.

The love of God is in my heart. The love of God reaches every person through me. I am a pure channel for the spirit of kindness. I let this compassionate spirit govern my whole life.

^{*} Christ in you, the hope of glory: whom we proclaim, admonishing every man and teaching every man in all wisdom.—Col. 1:27, 28.

This Month IN UNITY

Training School Offers Fine Schedule

If you have not yet attended a session of the 1952 Unity Training School, you should plan to do so as soon as possible. The third term begins

July 14, and ends August 8.

The third term offers a number of especially interesting and helpful classes including: Assembly and Meditation; Basic Study of the Old Testament; Bible interpretation of the New Testament; Comparative Religion; Genesis: The Key to Supply; Spiritual Counseling; and classes in the books Lessons in Truth, Talks on Truth, and Christian Healing. These classes will be taught by such distinguished teachers as G. LeRoy Dale, Elizabeth Sand Turner, Ralph Rhea, James D. Freeman, Martha Smock, Fannie A. Baldwin, and Warren



Besides these wonderful opportunities for study, the third term of the Training School has been carefully arranged to afford ample time for rest and recreation on Unity's beautiful grounds. For a Prospectus, which contains full details about schedules and accommodations along with some excellent photographs of Unity Farm, write to: Registrar, Unity Training School, Lee's Summit, Missouri.

Letter from a Father

"Since today is Father's Day, I believe it is a very

appropriate time to express my gratitude for the many fine articles and stories published in You. They are not only full of wholesome mental food for teen-agers, but inspiring to mothers and fathers who have applied the Unity teachings in



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guiding their children to adulthood.

"After high school and college our son and daughter both found jobs, and today they hold responsible positions with very bright futures. . . . A magazine like You can be a trusted guide, a friendly counselor, and an inspiration to youth in search of a successful life. May You continue to grow and prosper, and may its youthful readers find rich blessings in their search for Truth is the prayer of—A Father."

You may be ordered from Unity School of Christianity, Lee's Summit, Missouri. It is priced at \$1.

DIRECTORY OF UNITY BOOKS

	Beginning Again Favorite Unity Radio Talks	\$1. 1.
	God a Present Help	1.
	God Is the Answer Dutch \$1; English	1.
-	Great Physician, The	1.
For	How I Used Truth German \$1; English	1.
Beginners	Lessons in Truth English, French, German, Russian, Spanish, Dutch	1.
	Letters of Myrtle Fillmore Lovingly in the Hands of the Father	1.
	More Wonderful You, A	1.
	New Ways to Solve Old Problems	1.
	Whatsoever Ye Shall Ask	1.
For Healing	Christian Healing English, German	1.
	Divine Remedies	1.
	Jesus Christ Heals Truth Ideas of an M. D.	1.
	You Can Be Healed	1.
For the Home	You and Your Child English, French	1.
	As You Tithe so You Prosper	
	Both Riches and HonorFrench \$1; English	1.
For	Prayer in the Market Place	1.
Prosperity	Prosperity	1.
Liospeins	Prosperity's Ten Commandments	1.
	Working with God	1.
For Inspiration	Best-Loved Unity Poems	1.
	Have We Lived Before?	1.
	Household of Faith, The	5.
	Mightier than Circumstance	1.
	Prayer Changes Things	1.
For Devotion	Sunlit Way, The Bible, American Standard Edition	6.
	Book of Silent Prayer	-
	Effectual Prayer	
	Silence, The	
For	Atom-Smashing Power of Mind	1.
	Christ Enthroned in Man	1
	Know Thyself	1
	Metaphysical Bible Dictionary	5
Advanced	Mysteries of Genesis	i
Study	Mysteries of John Selected Studies	1
	Talks on Touth	î
	Talks on Truth Teach Us to Pray English, French	î
	Twelve Powers of Man, The	î
	What Are You?	î
For Children	Crybaby Kangaroo (for ages 4 to 8)	1
	Jet's Adventures (for ages 8 to 12)	_ 1
	Jet and the New Country (for ages 8 to 12)	. 1
	Teach Me to Pray (for ages 4 to 11)	

Announcing

A New Edition of an Old Favorite

For many years the Unity book *Divine Remedies* has been published as a small book, and printed in small type. However, because so many people have been helped by this little book, Unity felt that it should be published in the standard Unity edition, and it is now available in a form and size that will match the other books in your Unity library.

Divine Remedies is a practical textbook on spiritual healing. It contains prayer affirmation treatments for practically every kind of healing need, each with a brief explanation of the line of thought that has proved help-

ful in overcoming it.

The foreword, introduction, and conclusion contain helpful material on how to approach spiritual healing in general. They will answer the questions you may have in your mind about this vital topic. One especially interesting feature of the book is the chapter on relaxation which should prove very useful to you in these busy times. There is also a chapter on improving the general health and building a strong body.



Divine Remedies is a book with power. Whatever adverse physical conditions you may have in your life, it will help you overcome them. Divine Remedies, like the other standard Unity books, is \$1. (The 50-cent edition has been discontinued.)

UNITY SCHOOL OF CHRISTIANITY LEE'S SUMMIT, MISSOURI

JUNE 15th IS FATHER'S DAY

Would you like to make this Father's Day a memorable one for the father in your family? Here is one way you can do so. Give him a gift that is just right for him, one that shows how much time and thought you spent in selecting it.

Good Business magazine is such a gift. It is a favorite with men in every line of work because it is so straightforward and practical. Its interesting and factual articles show that applied Christianity always brings success in the business world. Here are the titles of just three of the many articles in the June issue of Good Business: "Cheers and Scores," "God Bless the Señora," and "Waldorf in the Wilderness."

In addition to its fine articles, *Good Business* includes all these regular features: the Calendar of Activity, a poem, three news departments, several short-short articles, some delightful quotations, and a page of nonsense for lighter moments.

The father in your family is certain to like Good Business, as you can see from this description. What is

more, it is priced at only \$1 a year. If you wish the subscription you order to start with the June issue, please request this in writing your order; and send it in soon, because June 15th is close at hand.

UNITY SCHOOL OF CHRISTIANITY LEE'S SUMMIT, MISSOURI





"FAITH IS NECESSARY TO VICTORY"

William Hazlitt, the great English essayist, wrote these words more than a century ago, but they are as true today as they were then. If you believe the difficulties in your life are insurmountable, then so far as you

are concerned they are; but if you believe there is a way out, and believe it strongly enough, then that way will

open up to you.

Faith does not come all at once; you must develop it in your consciousness. Many people have found the Prosperity Bank plan an excellent means of helping their faith to grow. Why not try the Bank plan, and see what it will do to bring you a more victorious way of life? Full instructions will be sent to you along with your Bank.

Unity School of Christianity, Lee's Summit, Mo.

Please send me a Prosperity Bank and ask Silent Unity to pray with me for a successful demonstration. I will use the drill seven weeks and save \$3 for the three Dany Wone subscriptions (one year each) listed below:

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Please indicate postal zone number, if cities are so divided. p-4-52

A MORE WONDERFUL YOU

Every year, as you perhaps know, Unity holds a Summer Demonstration Program. Those who participate read a Unity book with the aid of a study guide, which is furnished along with the book. As they read they seek to demonstrate in their lives what they have learned. Each year a different book is used and a different goal is chosen.

This year the goal is self-improvement, and the book that will be used is appropriately titled A More Wonderful You. It is a new book compiled especially for this purpose, and it consists of a number of articles from the Unity publications that readers have found particularly useful and practical. Some of the chapter titles are: "Be Not Dismayed," "To a Lonely Heart,"

"Sensitive to the Good," and "Imagination."

If you would like to join in the Unity Summer Demonstration Program, send today for the book A More Wonderful You, which is priced at only \$1. With your copy of this book will be included a free study guide

called "The Unity Summer Demonstration Program." In your own home, read A More Wonderful You as the study guide directs, and try to apply what you learn in your daily life. There is certain to be "a more wonderful you" before long. (Order soon, before the rush begins, and you will receive your book and study guide much more quickly. Price, \$1.)



UNITY SCHOOL OF CHRISTIANITY Lee's Summit, Missouri I stood upon a rock and sought
To catch the sea's significance;
There must be some deep truth, I thought,
In such an endless utterance.

But while I stood two children strayed, Indifferent to the shouting sea, Upon my rock and laughed and played Till suddenly it came to me—

The laughter of a child at play,

Passing as fast as foam, means more

Than all the sea can ever say

To the uncomprehending shore.

The human child is frail and small
But in him God has struck His spark,
Which gives significance to all
That else were merely vast and dark.

